



Enjoying local food is good for our community in a number of ways. Money spent on local produce stays in our area and has a multiplier effect that boosts local economic impact. Asking for locally produced food keeps local farmers in business and protects Catawba County farmland. Best of all, buying and consuming locally produced food connects us to our food and the farmers that work so hard to produce it. Catawba County is blessed with a vibrant local food community. Join us in celebrating this local pride during Eat Drink and Be Local week – June 20-25.

The following schedule shows all the fun events celebrating our local food system in Catawba County. Come out and enjoy a farm tour, pick some blueberries, watch a film at the Carolina Theater about Farm Families today, learn about home brewing at the science museum, or come enjoy one of the cooking demos at the farmers market. Eat, Drink, Be Local has something for everyone!

**Monday, June 20, 5-7 PM**

Coto Family Farm (Karin and Rene Coto) Tour, 726 Bert Yarbro Rd, Vale NC

**Tuesday, June 21, 6:30 PM**

Garden Talk with George Place – The Main Library in Newton; 115 W. C Street, Newton

**Tuesday, June 21, 7-8:30 PM**

Carolina Theater in Downtown Hickory, Showing of 'Farmland'

**Wednesday, June 22, 10 AM – 2 PM**

Hickory Farmers Market Cooking Demonstration

**Wednesday, June 22, 5:30 – 7 PM**

JRH Grain Farms LLC (Russell Hedrick) Farm Tour, 1746 33rd St NE, Hickory NC

**Thursday, June 23, 11 AM – Noon**

Cooking on a budget – Public Health Farmers Market Cooking Demonstration

**Thursday, June 23, 6 PM – 9 PM**

The Science of Beer Brewing at the SALT Block Science Center

**Friday, June 24, 5:30 PM – 9:30 PM (5:30 Cocktails; 7:30 Dinner)**

Farm to Fork Feast at the Market on Main in Downtown Hickory – Call 828-465-8240 to reserve your tickets.

We still have two dozen tickets left for the Farm to Fork Feast. This meal will take place at Market on Main on Friday night, June 24. We will have local beer on the patio with live music (Secondhand Still) at 5:30 PM. The dinner will be served at 7 PM – everything comes from local farmers that will be joining us for the meal. Tickets are \$25.

**Saturday, June 25, 1-2 PM**

Distillery Tour, Seventeen-Twelve Spirits, 300 Thornburg Drive SE, Conover; Tickets Available at [zack@seventeentwelvespirits.com](mailto:zack@seventeentwelvespirits.com), \$5 each

**Saturday, June 25, 5-7 PM**

Shady Oaks Farm (Tim Roberts) Tour, 3487 Yount Rd., Newton NC